WEEKLY TIMETABLE

Generated Tuesday, September 23, 2025

TIME							
6-7 AM	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
7-8 AM	Morning Cardio	Morning Cardio	Morning Cardio	Morning Cardio	Morning Cardio	Rest	Rest
8-9 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9-10 AM	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study
10-11 AM	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study
11-12 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12-1 PM	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study
1-2 PM	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study
2-3 PM	Strength Training	Strength Training	Strength Training	Strength Training	Strength Training	Rest	Rest
3-4 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
4-5 PM	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Errands	Errands
5-6 PM	Work/Study	Work/Study	Work/Study	Work/Study	Work/Study	Relax	Relax
6-7 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7-8 PM	Relax/Hobby	Relax/Hobby	Relax/Hobby	Relax/Hobby	Relax/Hobby	Relax/Hobby	Relax/Hobby